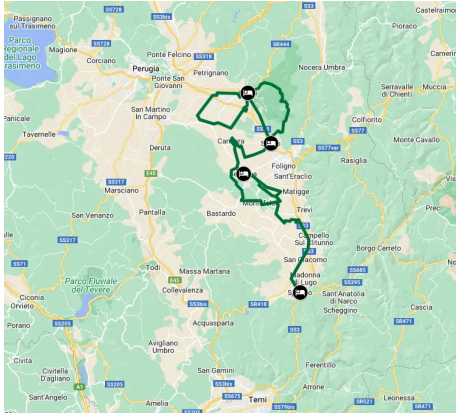


# Cycling in Umbria - Magical and mystical land

7 days, € 747



## Introduction



Perched above the green, in turn yellow hills of **Umbria**, you will find charmingly preserved medieval towns such as Montefalco famous for its wines, **Assisi dominated by Saint Frances** and the "Art city" of Perugia. This itinerary is perfect for travelers interested in **cycling in Umbria** and discovering its most authentic landscapes. Cycling through the **Tiber valley** and the Umbrian hills means olive groves and wheat fields, great views, good **wine** and great Italian food where **Truffles** are king. The broad valley that lies between Assisi and Spoleto is one of the few flat areas in the region, however all the ancient villages you stay at are on top of a hill. On the first and last ride there are longer and more gradual climbs, the other days the climbs are shorter, but occasionally very steep, up to 10% grading. A few sections are on unpaved roads, making the experience of **cycling in Umbria** even more varied

and scenic. *This trip requires a basic physical condition as it mostly involving only one climb a day and the rides are short (25 to 30km a day) leaving you plenty of time for great sightseeing.*

## Day to Day

### Day 1 Arrive in Spello

Today you arrive in Spello.

If you arrive early, you can enjoy a stroll through this **charming little town** and the marvelous sunset from its terrace. **Spello**, a hidden gem nestled in the heart of Italy's enchanting **Umbria region**, is a town that effortlessly weaves history, culture, and natural beauty into a tapestry of charm. As you wander through its cobblestone streets, you'll be transported to a place where time seems to stand still, and every corner reveals a new layer of its captivating character. **The town's ancient stone walls**, adorned with colorful flowers that spill over like a living cascade of petals, **create a warm and inviting embrace for visitors**. Each step you take resonates with a sense of history, as Spello's well-preserved medieval architecture whispers tales of generations past

### Optional extra day in Spello

A short morning transfer will take you to a small village located in the Apennine Mountains. The journey from **Colfiorito to Spello** is a scenic one, taking you through the beautiful Umbrian countryside in Italy. The ride will take you through the **Colfiorito Nature Reserve**, which is home to a **variety of wildlife** and then will start its panoramic descent towards Spello on gentle asphalt roads

## Day 2 **Ride from Spello to Assisi**

Today cycling in Umbria route start with a **short but challenging** hill to the small village of **Collepino**. Like many other villages in this region, offers **charming views** of the Italian countryside, with its rolling hills, vineyards, and olive groves. It is also known for its **historical significance** and is home to several centuries-old buildings and churches. You then continue on the main asphalt road skirting the **Mt.Subasio** undulating up and down towards Assisi, which will appear all of a sudden with its **imposing fortress** and unique town

Challenge: 35km, ascent 520mt, descent 950mt

## Day 3 **Loop ride from Assisi to Torgiano and back**

You will start with a nice descent passing through olive yards. Quiet roads through the **Valle d' Umbria**. Continue cycling along the river for a while until you arrive to the **nicely located village of Torgiano**. The medieval town known for the wine and the olive oil. You must visit the famous **wine museum** here, and according to many, it is the **most precious** one in Italy and why not a tasting of its **famous red wine**. Stroll back to Assisi along quite country roads **covered by sunflowers**.

Challenge: 40 km, 310 mt in ascent, 310 mt in descent

## Day 4 **Ride Assisi to Bevagna**

You will start with a nice descent passing through **olive yards** down to the **medieval town of Cannara**. After a short visit you continue on the flat road along the **Topino river** will take you to **Bevagna**. Take a stroll around the medieval streets of this town and admire the old city walls and gates. From distance you can already see **Montefalco**, this charming town waiting for you tomorrow on the slopes of the **Umbrian Hills**.

Challenge: 30 km, 150 mt ascent, 300 mt descent

## Day 5 **Loop ride via Montefalco**

Today you will ride on the **Strada del Sagrantino**. As well as the famous Chianti wine belong to Tuscany so do the **Rosso di Montefalco** and the Sagrantino di Montefalco to **Umbria**. The hills where these excellent wines find their origin are around the village of Montefalco that you reach at the end of the day, after a steep climb. **Montefalco** is known as the **balcony of Umbria**, because of its great views over the Umbrian countryside.

## Day 6 **Ride from Bevagna to Spoleto**

Hop on your bike and follow a pleasant route through the green Umbrian hilly landscape, among **sunflowers and vineyards**.

The ride is short and flat to allow you to arrive by lunch time and visit the day's destination: **Spoletto**, a surprising medieval town with a **rich artistic heritage**, as well as a lively **cultural centre**. Since 1958, in fact, Spoleto has hosted the renowned annual **Festival dei Due Mondi**, an international music, art, culture and entertainment event. Take the time to visit the interesting **historical central** with the Duomo and the Castle, which dominates the city from above. Finally, be sure to taste the prized black **truffle of Norcia** or the **white truffle of the Val Tiberina**, the basic ingredients of the area's delicious dishes.

Challenge: 38 km, 250 m ascent, 135 m descent

## Day 7 **Arrivederci Spoleto!**

The trip and our services end after breakfast unless you have booked optional night(s) in Spoleto or in another city in Italy.

## Prices, Data, Booking

Price pp		€
Double room, breakfast	price from	747.00
Single room, breakfast	25 May 2026 - 26 May 2026	1,162.00
	27 May 2026 - 25 Jun 2026	1,215.00
	26 Jun 2026 - 27 Jun 2026	1,215.00
	28 Jun 2026 - 29 Jun 2026	1,215.00
	30 Jun 2026 - 26 Jul 2026	1,215.00
	27 Jul 2026 - 30 Sep 2026	1,230.00
	01 Oct 2026 - 26 Oct 2026	1,162.00
season surcharge		€
	27 May 2026 - 28 May 2026	22.00
	29 May 2026 - 30 May 2026	22.00
	31 May 2026 - 01 Jun 2026	22.00
	02 Jun 2026 - 03 Jun 2026	22.00
	04 Jun 2026 - 05 Jun 2026	22.00
	06 Jun 2026 - 07 Jun 2026	22.00
	08 Jun 2026 - 09 Jun 2026	22.00
	10 Jun 2026 - 11 Jun 2026	22.00
	12 Jun 2026 - 13 Jun 2026	22.00
	14 Jun 2026 - 15 Jun 2026	22.00
	16 Jun 2026 - 17 Jun 2026	22.00
	18 Jun 2026 - 19 Jun 2026	22.00
	20 Jun 2026 - 21 Jun 2026	22.00
	22 Jun 2026 - 23 Jun 2026	22.00
	24 Jun 2026 - 25 Jun 2026	22.00
	26 Jun 2026 - 27 Jun 2026	22.00
	28 Jun 2026 - 29 Jun 2026	22.00
	30 Jun 2026 - 01 Jul 2026	22.00
	02 Jul 2026 - 03 Jul 2026	22.00
	04 Jul 2026 - 05 Jul 2026	22.00
	06 Jul 2026 - 07 Jul 2026	22.00
	08 Jul 2026 - 09 Jul 2026	22.00
	10 Jul 2026 - 11 Jul 2026	22.00
	12 Jul 2026 - 13 Jul 2026	22.00
	14 Jul 2026 - 15 Jul 2026	22.00
	16 Jul 2026 - 17 Jul 2026	22.00
	18 Jul 2026 - 19 Jul 2026	22.00
	20 Jul 2026 - 21 Jul 2026	22.00
	22 Jul 2026 - 23 Jul 2026	22.00
	24 Jul 2026 - 25 Jul 2026	22.00
	26 Jul 2026 - 26 Jul 2026	22.00
	27 Jul 2026 - 28 Jul 2026	37.00
	29 Jul 2026 - 30 Jul 2026	37.00
	31 Jul 2026 - 01 Aug 2026	37.00
	02 Aug 2026 - 03 Aug 2026	37.00
	04 Aug 2026 - 05 Aug 2026	37.00
	06 Aug 2026 - 07 Aug 2026	37.00
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	26 Aug 2026 - 27 Aug 2026	37.00
	28 Aug 2026 - 29 Aug 2026	37.00
	30 Aug 2026 - 31 Aug 2026	37.00
	01 Sep 2026 - 02 Sep 2026	37.00
	03 Sep 2026 - 04 Sep 2026	37.00
	05 Sep 2026 - 06 Sep 2026	37.00
	07 Sep 2026 - 08 Sep 2026	37.00
	09 Sep 2026 - 10 Sep 2026	37.00
	11 Sep 2026 - 12 Sep 2026	37.00
	13 Sep 2026 - 14 Sep 2026	37.00
	15 Sep 2026 - 16 Sep 2026	37.00
	17 Sep 2026 - 18 Sep 2026	37.00
	19 Sep 2026 - 20 Sep 2026	37.00
	21 Sep 2026 - 22 Sep 2026	37.00
	23 Sep 2026 - 24 Sep 2026	37.00
	25 Sep 2026 - 26 Sep 2026	37.00
	27 Sep 2026 - 28 Sep 2026	37.00
	29 Sep 2026 - 30 Sep 2026	37.00
<b>Rental bike</b>		<b>€</b>
Hybrid		110.00
E-bike		210.00
<b>Extra services</b>		<b>€</b>
Transfer	per piece	154.00
Giving back to nature	per piece	5.00

## Practical Info



6 nights included



3 Star Hotels



Breakfast included



Tourist information on all the places of interest



Bike rental available



7-days a week service-hotline



Luggage transport included



Trainstation of Spello, Foligno and Spoleto



GPS-tracks available